

VIII. National Occupational Standards 3

Deliver Alexander Technique Teaching

Overview

This competence is about delivering Alexander Technique teaching to learners. The Alexander Technique teacher will work with learners to enable them to learn the Alexander Technique and will monitor and evaluate their progress in understanding and applying it.

The Alexander Technique is a taught practical discipline with significant healthcare implications. Alexander Technique lessons help people to free themselves from unhelpful postural and movement habits and develop a more intelligent and skilled control of the manner in which they engage in activity.

An important part of teaching is the use of specialised hand contact combined with verbal instruction and explanation which helps learners identify and reduce interference with the working of their innate mechanisms of balance and coordination.

Knowledge and Understanding

The history and principles of the Alexander Technique

- K1 the history and development of the Alexander Technique
- K2 the purpose and scope of the Alexander Technique
- K3 the published works of Alexander
- K4 the writings of teachers trained by Alexander and other relevant texts
- K5 the key principles and concepts of the Alexander Technique including:
 - a) conscious guidance and control
 - b) direction/giving consent
 - c) end-gaining/means-whereby
 - d) inhibition/withholding consent/non-doing
 - e) nature of habit
 - f) primary control
 - g) psycho-physical unity
 - h) re-education
 - i) sensory appreciation
 - j) use and functioning

Teaching the Alexander Technique

- K6 how to maintain your own conscious direction of use when engaging with learners
- K7 how to establish a good learning environment
- K8 how to develop a professional relationship and effective two-way communication with learners
- K9 how to identify learners' initial and changing requirements, including problems, challenges or aspirations which learners wish to address, and other factors which need to be taken into account
- K10 how to observe, analyse and evaluate the conditions of use present in learners
- K11 how to take into account individual differences including particular beliefs, attitudes and preconceptions which may interfere with or facilitate learning
- K12 how to judge whether lessons in the Alexander Technique are appropriate for the individual
- K13 how to explain the Alexander Technique and the commitment necessary to acquire skills in applying it
- K14 how to deliver one-to-one teaching, and where appropriate, group teaching
- K15 how to plan and deliver lessons which engage learners in a variety of ways in order to facilitate practical understanding of the principles and procedures
- K16 how to evaluate the purpose, advantages and limitations of classical/traditional teaching procedures, activities of the learner's choice and activities devised by the teacher
- K17 how to evaluate, choose and implement different ways of working with learners including:
- a) working with hands
 - b) oral explanation
 - c) being an example
 - d) examination of underlying ideas and beliefs that interfere with learning
 - e) demonstrating and working through practical procedures and activities
 - f) answering questions, giving advice, responding to concerns
- K18 how to determine the most appropriate ways of working with different learners and their requirements
- K19 how to adapt your teaching appropriately for each individual
- K20 how to identify problems that learners may experience and help them find solutions
- K21 how to achieve effective communication through observation and sensitive questioning, listening, giving feedback, use of hands and verbal instruction and explanation
- K22 how to recognise and interpret the indications that can be used to evaluate the understanding of the learner
- K23 how to evaluate learners' progress and understanding
- K24 how to involve learners in evaluating their own progress and understanding.

Anatomy, physiology and pathology necessary for safe and effective teaching of the Alexander Technique

- K25 the structure and function of organs and systems
- K26 the structure and function of the skeletal system, including the types of joint, their individual structure, function and range of movement
- K27 the structure, function and location of muscles
- K28 the postural mechanisms and the control of movement
- K29 the structure and function of the nervous system
- K30 the respiratory and breathing mechanisms
- K31 pathology necessary for safe and effective teaching of the Alexander Technique.

Performance Outcomes

- 1 ensure that the environment is suitable for learners' requirements
- 2 maintain your own conscious direction of use according to the principles of the Alexander Technique
- 3 determine individuals' needs, requirements and expectations in relation to learning the Alexander Technique in a manner that encourages their participation
- 4 provide individuals with all the necessary information to support their decision making about learning the Alexander Technique
- 5 determine with individuals if there are reasons why taking lessons might be inadvisable or inappropriate at the time and if necessary help them to consider other options
- 6 evaluate the information obtained and determine an appropriate course of action with the individual
- 7 obtain consent to work with your hands with individuals as part of teaching the Alexander Technique
- 8 enable individuals to learn the Alexander Technique by working with them in accordance with professional codes of practice, and legal and organisational requirements
- 9 deal effectively with learners' responses and make appropriate adjustments to the teaching to meet any changing needs
- 10 monitor and evaluate learners' progress in their understanding and application of the Alexander Technique and give the required support where needed
- 11 review with learners' their progress in understanding and applying the Alexander Technique in daily life
- 12 provide clear and accurate advice with regard to future plans and actions
- 13 maintain confidentiality within the requirements of the law
- 14 complete and maintain records in accordance with professional and legal requirements.

Related Functions

Principles of Good Practice

- NOS 1 Explore and establish individuals' needs and requirements for Alexander Technique lessons
- NOS 2 Develop and agree plans for Alexander Technique lessons with individuals
- LLUK 2 Facilitate learning or deliver teaching

Additional Information

This National Occupational Standard was developed by Skills for Health.

The National Occupational Standards are awaiting approval by UK Commission for Employment and Skills, and may need to be modified to meet their requirements.